

Military Sealift Fleet Support Command
Human Resources and Manpower Department
Building SP-64
471 East C Street
Naval Station Norfolk, VA 23511-2419
Civmar Benefits Update 2010
Employee Benefits Branch
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16 February 2010

CIVMAR BENEFITS UPDATE

WHO TO CONTACT FOR BENEFITS REGARDING WORKERS' COMPENSATION:

East and West Coast CIVMARS with last names beginning A through F

Please contact (757) 443-2847, fax (757) 443-2936 or email msfsc_emp_benefits@navy.mil

East and West Coast CIVMARS with last names beginning G through M

Please contact (757) 443-2848, fax (757) 443-2936 or email msfsc_emp_benefits@navy.mil

East and West Coast CIVMARS with the last names beginning N through Z

Please contact (757) 443-2844, fax (757) 443-2936, or email msfsc_emp_benefits@navy.mil

East and West Coast CIVMARS applying for the leave programs

(FFLA, FMLA, Voluntary Leave Transfer Program, and Advanced Sick Leave)

Please contact (757) 443-2846, fax (757) 443-2936, or email msfsc_emp_benefits@navy.mil

East and West Coast CIVMARS – Award Program

Please contact (757) 443-2845, fax(757) 443-2936, or email msfsc_emp_benefits@navy.mil

Benefits Branch Head

Please contact (757) 443-2849, fax (757) 443-2936 or email msfsc_emp_benefits@navy.mil

The Employee Benefit's branch is located in MSFSC, Building SP-47 1st floor in Norfolk, VA.

For **Decedent Affairs** notification, cell phone number remains the same (757) 434-0595.

For **Civilian Employee Assistance Program (CEAP)** notification, please contact the Benefits Branch at: (757) 443-2847, 2848 or 2844 for assistance.

OFFICIAL BUSINESS

PLEASE CONTACT THE DON CIVILIAN BENEFITS CENTER (CBC) FOR CUSTOMER SERVICE REPRESENTATIVE AT THE BENEFITS LINE 1-888-320-2917 REGARDING HEALTH AND LIFE INSURANCE, THRIFT SAVINGS PLAN. YOU MAY VISIT THE ONLINE SERVICE:

<https://www.civilianbenefits.hroc.navy.mil> click on "EBIS" and conduct your benefits transaction.

Requests for Retirement Counseling will be referred to the CBC Retirement Specialists – you will receive a call back within two business days. If you are having any delay or difficulty with getting online or telephone service, please email the Customer Service Representative at: info@navybenefits.org